



Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

WHAT IS TENS AND WHEN IS IT USED?

- TENS is a battery powered device used for pain relief. It sends painless electrical signals through patches on the skin. The electrical signal travels to the nerves in the skin that transmit pain and replaces the pain with a tingling sensation. There is also some heat produced that helps ease stiffness and increases movement. The TENS also helps your body make more natural pain killers called endorphins. It is a safe, drug free way to manage pain.
- A TENS can be used to treat different types of pain. It helps to reduce pain after an injury or after surgery. It can also help with muscle, back or arthritis pain.

WHEN SHOULD NMES NOT BE USED?

- TENS should **not** be given to you if you have:
 - A pacemaker for your heart, unless your doctor has approved its use.
 - Blood pressure that is not controlled, either too high or too low.
- Other Precautions:**
 - Use caution in your daily activities. TENS may suppress the sensation of pain that your body uses to tell you when something is wrong.
 - Use TENS only for the condition for which the device is ordered. Talk to your doctor if you have any change in your condition or if a new condition develops.
 - Do not leave the electrodes in place for long periods of time without checking or cleaning the skin underneath. You should not have skin irritation, rash and burns beneath the electrodes that last more than 6 hours. If you do, stop your use of TENS and call your therapist.
 - Do not place the electrodes on irritated skin or on skin that has poor sensation.
 - Do not drive or operate hazardous equipment when using the TENS.
 - Do not use the device in the bath or shower.
 - Do not use heat or cold producing devices such as heating pads or cold packs. These could change the way the electrodes work or change your sensitivity and increase your chance of injury.
 - Do not use the device while asleep. The electrodes could come off as you move.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0118.

Electrodes should **never** be placed:

- Across a pregnant uterus
- On your head or neck if you have a history of seizures
- Over broken, numb or infected skin
- Over active cancer areas unless your doctor has approved its use

USING THE TENS

Your doctor or therapist will talk to you about how and when to use the TENS device to best manage your pain. Follow these steps and any other instructions given to you.

1. Use the marks on the pictures shown below to know where to place your electrodes. Know where the Channel 1 electrodes are placed and where the Channel 2 electrodes are placed.
2. Wash your hands well with warm water and soap for at least 15 seconds or use alcohol based hand sanitizer.
3. Gather your supplies.
 - Alcohol pads or cotton balls and rubbing alcohol
 - Electrode pads
 - Lead wires
 - TENS device
4. Connect the electrode pads to the lead wires.
5. Use alcohol pads or cotton balls soaked with alcohol to clean your skin where you need to place the electrode pads for Channel 1. This helps remove oils or lotion from your skin so the pads stick better. Let the alcohol air dry.
6. Peel the electrode pad off the clear backing and place the pad on your skin so the whole pad is touching the skin. If the pad is less sticky, use a damp cloth to wipe the pad to make it stickier. Do the same to place the other Channel 1 electrode.
7. Connect the lead wires into the Channel 1 holes.
8. Repeat steps 5 through 7 to place the electrodes for Channel 2.
9. **Turn the TENS on and select your program as directed by your therapist.**
 - Your program is _____.
 - Run your program for _____ minutes, _____ times each day.
 - Increase your intensity slowly so you feel a tingling or buzzing sensation.
 - If you need to go way past the intensity setting your therapist set, you may have a connection problem. Turn the device off and start over to reset your pads and wires.
 - When your time is done, turn the device off.
10. Wash your hands again with warm water and soap or use alcohol based hand sanitizer.

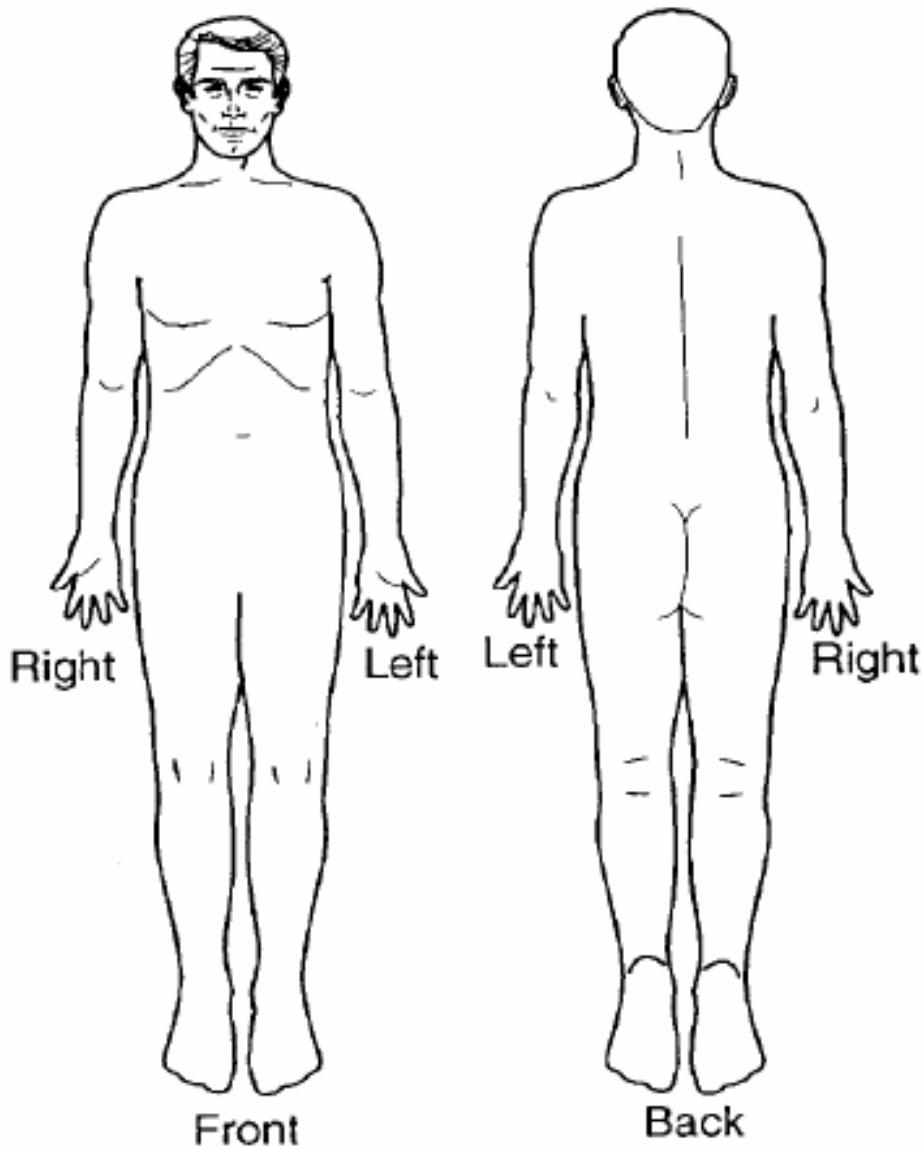
*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0118.

OSI INC
ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

11. After making sure the device is turned off, remove the pads and replace them on the clear backings to keep them for the next use.
12. Remove the lead wires and put the TENS, wires and pads away.
13. Wash your hands again.



- Please feel free to ask your therapist questions you have about this treatment.
- If you have any questions about the device or your leads or electrodes, call the rental company that provided your device or refer to the user's manual that came with your device.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0118.